

## You Can Get Results



You want to be healthy, to feel good. You may have specific fitness goals: lose weight, get toned, build up some endurance and strength. Maybe you're not sure how to reach your goals. Or, maybe staying motivated to exercise is a problem. Perhaps you're looking for an alternative to a crowded, noisy gym.

Perhaps you've had an injury or surgery, you've finished with physical therapy and you're ready for the next step: a structured program that picks up where your physical therapy left off.

BodyWorks' professionals have helped hundreds of clients meet their fitness objectives. Your trainer will design a program that meets your goals and your current state of conditioning. Your trainer will coach you through each and every workout, ensuring you learn how to exercise safely, efficiently and effectively.

## BodyWorks Services

Reaching your personal fitness goals becomes a reality when you work with one of our certified personal trainers. Your trainer will design a **custom exercise program** to improve cardio respiratory fitness; reduce body fat and increase muscle tone; increase mass and strength; improve sports conditioning; or create a post-rehabilitation program that continues your recovery.

Improve your cardio respiratory fitness at the same time you increase lean body mass and burn fat in a **CircuitPUMP™** class. In this class, you move through a series of stations (a circuit) at which you perform exercises to train different muscles of the body. Each circuit also includes a "cardio" activity. Each exercise is performed for time. There's no need to rest between sets — one muscle group rests while the next one works. Your heart stays in the training zone. Your trainer keeps time and coaches you to perform the exercises correctly. People of different strength and conditioning can work in the same class because your trainer gears the intensity of the exercise performed at each station to the individual. CircuitPUMP™ is offered for classes of 3–6 clients.

BodyWorks offers conditioning based on the exercises of Joseph Pilates. The **Pilates** method of training builds strength without bulk, teaches good posture and promotes flexibility and balance. Pilates exercises develop a strong "core," the deep abdominal muscles along with the muscles closest to the spine. Pilates exercises are used in injury rehabilitation and eases tremors and stiffness in those with Parkinson's disease. Pilates engages you mentally as well as physically. Work on the mat and with the Reformer, "Cadillac" and Pilates "chair."

Find out how you compare to others of your age and gender with respect to strength, endurance and flexibility with a **fitness assessment**. We will also assess blood pressure, resting pulse and your % body fat. These data help your trainer design an exercise program that suits your strengths and concentrates on solving weaknesses.

BodyWorks offers **nutrition assessment and weight management** consulting. Keep track of your diet for three days and we'll analyze it with the Nutritionist IV™ program, discovering how adequately you are nourishing yourself. We'll advise you how to improve your diet and explain the role of exercise in managing weight gain or loss. Best of all, we'll help you put in place a realistic plan to get the results you want, follow your progress through periodic one-day checks of your diet and discuss any problems you have meeting your goals. We'll help you stay on track, emphasizing realistic expectations.

## Have it Your Way

BodyWorks is unique in offering programs that integrate Pilates instruction with traditional weight training. Our programs offer you the best of both worlds or allow you to focus on either traditional or on Pilates exercise.

BodyWorks offers you the option of working one-on-one with a trainer, sharing a trainer with a friend or spouse or taking a class of up to six people. Normally, training sessions are an hour. However, half-hour sessions (**Quickstart**) are offered for clients who are too de-conditioned to tolerate an hour-long workout. Quickstart is also for those who don't have an hour to spare. To try us out, BodyWorks offers a four-session **introductory package**, which includes fitness assessment and personal training.

## Who Is BodyWorks?

BodyWorks personal trainers are athletes with a Background in exercise science. Our trainers are mature, highly experienced and caring. We hold industry certifications — assurance that you are in the best of hands.

BodyWorks is owned and operated by Phyllis Kaiser, who has 25 years of conditioning and weight lifting training experience. After retiring early from the IBM Corporation, she attended San Jose State University to obtain a Master's degree in kinesiology. She is certified by the American Council on Exercise as a personal trainer and by the Physical Mind Institute in Pilates instruction. She has also attended extensive classes in the use of Pilates exercises for rehabilitation of injuries and surgeries and has designed many programs for those recovering from injuries, surgeries and those in the early stages of Parkinson's disease.

## BodyWorks Facility

You'll enjoy working out with your trainer at the spacious BodyWorks training center, the largest personal fitness training center in Morgan Hill. We offer top of the line traditional weight training and cardio equipment, as well as the Pilates Reformer, Cadillac and Chair. BodyWorks has a shower room with all the amenities, including towel service. We have a first-floor location — convenient for rehabilitative exercise therapy. Finally, there is easy access to US 101 — we are located on Caputo Drive, the third right off Tennant, just west of the highway.

## BodyWorks Is For You

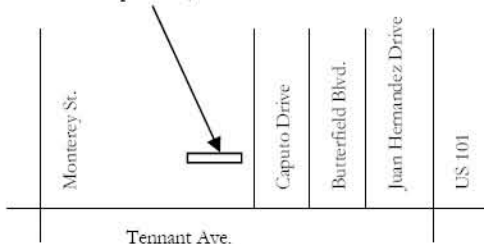
So —

- If you're a first-time exerciser
- If you're not getting the results you want from your current program
- If you're looking for an alternative to a large impersonal health club
- If you're tired of doing the same old 12 exercises
- If you're looking for the next step to take after physical therapy

BodyWorks is for YOU.

**BodyWorks**  
*of Morgan Hill*

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**BodyWorks**  
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**Commit to be Fit**



**BodyWorks**  
*of Morgan Hill*

## Personal Fitness Training Center

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